

# Patient Education

June 2006

# Low ADL Monitoring Program



● Encourage veterans with long term illnesses to take responsibility for their own care, health, and well-being.

● Make referrals to other VA and community services.

● Coordinate care on an ongoing basis.

● Provide ongoing support to the veteran.

## LAMP Goals:

- Promote safety and independence
- Prevent long term institutional care
- Enhance quality of life
- Increase access to services
- Provide access to timely care
- Increase efficiency of clinic visits
- Reduce the number of unscheduled clinic and emergency room visits
- Improve satisfaction with VA services
- Reduce health-related costs

## Veteran

Ask your primary care provider how you may benefit from this program.

## Caregiver

You are a critical part of the veteran's care, so please ask how we can support you.

## Provider

Ask your LAMP Care Coordinator how we can better serve you and your veterans.

## Contact Personnel

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**Physical Medicine and Rehabilitation Service**

## About Our Program

Activities of Daily Living (ADL) are the things we do every day – like bathing, dressing, eating, and walking. Some veterans living at home have problems with activities of daily living because of health problems. Our program is called the Low ADL Monitoring Program (LAMP). It can help veterans who have problems with these kinds of activities. LAMP is run by the Physical Medicine and Rehabilitation/Care Coordination Home Telehealth Program. This program has been set up to help veterans manage their care in their own home.

Long term health problems can limit the ability to take care of oneself at home and in the community. As a result, a person may be placed in a nursing home or similar setting. Many times this happens too soon. LAMP staff provides support to the veteran and caregiver so the veteran can stay in the comfort of his or her own home as long as possible.

## Care Coordination

The LAMP staff can coordinate with providers to give the veteran the best of care. We work as a team. LAMP staff work with clinicians, rehabilitation specialists, other health care providers, families, caregivers, and veterans to promote successful independent living.

## Technology

Advances in medicine and technology have changed the way health care is delivered.

The VA is a world-wide leader in using modern technology to deliver health care. LAMP is a good example. Staff are based in the hospital but they use “high tech” equipment to monitor and interact with the veteran in his or her home. Veterans receive quality care when care is needed. Veterans enjoy the convenience that allows them to get excellent care at home while saving money and time.

## Remote Monitoring

Using daily monitoring, we:

- Check all clinical information provided by the veteran
- Provide patient education tailored to each veteran

- Check to see if the veteran is following his/her treatment plan

- Promote a healthy lifestyle

- Stay in touch with the veteran

- Provide follow-up support as needed

Monitoring the veteran from a distance gives LAMP care coordinators the information they need to learn about the health and well being of the veteran each day.

Different types of monitoring devices are used, depending on the needs of the veteran.

## What services does LAMP provide?

LAMP staff will:

- Check to see how the veteran is managing at home.
- Assess the home to provide adaptive equipment, such as grab bars and shower chairs, to help increase veteran's independence and safety in their home.
- Provide training and education to help the veteran with activities of daily living.
- Perform daily monitoring.
- Provide the clinicians and others on the health care team with clinical information to give the veteran better care.

## Eligibility - Who Can Use The LAMP Program?

1. The veteran must receive care from a

North Florida/South Georgia Veterans Health System Primary Care provider.

2. The veteran must live at home.
3. The home must have electricity and telephone service.
4. The veteran must need help with at least two of the following activities of daily living (ADLs):

- Bathing

- Dressing

- Eating

- Walking

- toileting

- Mobility (for example, moving from a chair to a bed)